

# **THE RILEY BUGLE CALL**



## **Community Action Council March 16, 2005 9:30am Riley's Conference Center**

### **Welcome – Introductory Remarks**

**COL John A. Simpson, Jr.  
Garrison Commander, Fort Riley, Kansas**

### **Presentation**

**Month of the Military Child –ACS Family Advocacy Program**

### **Announcements**

#### **Irwin Army Community Hospital (IACH)**

- **Irwin Army Community Hospital Nurse Advice Line:**
  - Irwin Army Community Hospital has added a Nurse Advice Line as a service to our beneficiaries. Beginning March 8, patients can call for advice or health information by dialing 239-DOCS (3627) or toll-free 1-888-239-DOCS (3627) – Option 2.
  - The Advice Nurse Line is run by registered nurses (RNs) and will be available 7am-11:00pm, Monday through Friday and 9:00am-9:00pm, Saturday, Sunday, and holidays.
  - The Nurse Advice Line can help with determining when the caller needs to be seen by a provider, medication use and side effects, symptoms management, and information about medical procedures and diseases.
  - Questions regarding concerns during pregnancy need to be directed to the Advice Nurse in the OB Clinic at 239-7419.
- **Appointment Line Changes:** The prompts on the Appointment Line have changed with the addition of the Nurse Advice Line. The new prompts are listed below:
  - Press 1 for an appointment
  - Press 2 to speak to an Advice Nurse
  - Press 3 to renew a prescription or order a refill or speak with a pharmacist
  - Press 4 to check on the status of a referral
  - Press 5 to speak to the Patient Representative
  - Press 6 to speak to the Tricare Service Center
  - Press 7 to get lab or X-ray results, leave a message for your provider or to be transferred to a specific clinic or to case management
- **Skin Cancer Screening Clinic:** The next Skin Cancer Screening Clinic is March 30 in the Dermatology Clinic. Appointments can be made by calling the Appointment Line at 239-DOCS (3627) or toll-free 1 888-239-DOCS (3627). No referral is necessary. April Skin Cancer Screening Clinic dates will be April 6, 13, 20 and 27.

- **Primary Care Clinic Teams:**
  - The Primary Care Clinics #1, #2, and #3 have consolidated into one Primary Care with three teams. This change was made to better utilize resources and to be able to provide improvements for our patients while continuing quality medical care. Instead of three Primary Care Clinics each staffed with the leadership of an OIC, NCOIC and Head Nurse, the three Primary Care Teams will now be managed by one OIC, NCOIC and Head Nurse.
  - The providers' assignments will remain in their respective locations:
    - Team #1 – formerly Primary Care Clinic #1
    - Team #2 – formerly Primary Care Clinic #2
    - Team #3 – formerly Primary Care Clinic #3
  - Patients will still call the Appointment Line at 239-DOCS (3627) to schedule an appointment.
- **Preventive Medicine Division Offers Classes/Inspections:**
  - Child Health Assessments – well-child screening for on-post child care (20 minute appointments scheduled on March 10, from 9:00-11:40am and March 24, from 9:00am-3:40pm)
  - Self Care Program – to help participants recognize common minor illness systems and implement appropriate treatment options (Every 1<sup>st</sup> & 3<sup>rd</sup> Tuesday, 10:00-11:00am)
  - Tobacco Cessation Classes (call to schedule)
  - Children's car seat inspections (call to schedule)
  - For Self Care Class call the IACH Appointment Line at 239-DOCS (3627) or 1-888-239-DOCS (3627). For all other classes and inspection call the Preventive Medicine Division at 239-7323
- **Nutrition Care Division Offers Classes:**
  - Weight Control Classes: call Nutrition Care Division at 239-7644 to schedule an appointment
    - Family Member Weight Control
    - Weight Support Group (Family Members and retirees) – a follow-up to the above program
    - Weigh to Stay (Active Duty Weight Control)
  - Heart Healthy – Low Fat/Cholesterol, Low Sodium - by referral only; call 239-DOCS for an appointment
  - Diabetes Education Program - 4<sup>th</sup> Thursday each month, 10:00am, by referral only; call 239-DOS for an appointment
  - Prenatal Nutrition Class – 2<sup>nd</sup> Friday of each month, 10:00-11:00am; scheduled by calling the Nutrition Care Division at 239-7644
  - Breastfeeding Education class – 3<sup>rd</sup> Wednesday, 1:00-2:30pm; scheduled by calling the Nutrition Care Division at 239-7644.

### **Fort Riley Dental Activity (DENTAC)**

- **Dental Appointments:** Dental Appointments active duty military are available. With the deployment of 3 BCT we have more available dental appointments than at any time in the recent past. In most cases, dental appointments for routine procedures are available within a couple of days. Based upon a seasonal turnover in our dental staff, we predict that dental appointments might be tougher to get this coming summer. Call or go by your dental clinic and make your dental appointment today!

<u>Dental Clinic</u>	<u>Phone</u>	<u>Hours</u>
Dental Clinic #1 (Hospital)	239-7955	7:30am-4:30pm
Dental Clinic #3 (Custer Hill)	239-4261	7:30am-4:30pm
Dental Clinic #4 (Whitside DC)	239-4174	7:30am-4:30pm

Dental Sick Call: 7:30-9:30am (after 9:30am please call or be prepared to wait)  
After Hours, weekend or Holiday Dental Emergency: Report to the IACH Emergency Room.

- **Red Cross Volunteers - Red Cross Volunteer Dental Assistant Training Program:** Our next Red Cross Volunteer Dental Assistant Training Program will start in late April. If you are interested, please contact the American Red Cross Office at 239-1887 to get more information and to get your volunteer packet started.
- **Recognition:** The DENTAC just celebrated Dental Assistant Appreciation Day. The DENTAC has fulltime military and civilian dental assistants as well as part-time volunteers. They all are fantastic and without them we just could not accomplish our mission! Please join with us as we thank them all for a job well done!
- **Soldier of the Year:** Congratulations to SPC L., 91E-M9 (Registered Dental Hygienist) for winning Soldier of the Year for the Great Plains Regional Dental Command. Hooh-Ah!! This outstanding Soldier, Health Care Provider and representative of Fort Riley will next before the world-wide US Army Dental Command Soldier of the Year Board.

## **Directorate of Morale, Welfare, and Recreation (DMWR)**

### **Business Operations**

- **Custer Hill Golf Course Bldg. 5202 Normandy (785) 784-6000**
  - Membership Savings for Golf: The golf course still has a nice selection of golf apparel with specially marked pricing. If you have a birthday or special golfer in your family needing items for the cold season and golf, visit the pro shop located at Bldg. 5202 Normandy, or call us at 239-5412.
  - The end of the season is arriving fast as is the weather. Plan for your golfing early, new Memberships will be available beginning on April 1. A special promotion for memberships will be held on March 19. Everyone welcome to attend.
  - Operating Hours: The following hours will become effective beginning with the new "Spring Brochure"- March-June.  
Tuesday – Sunday: 9:00am 6:00pm (later opening due to frost)  
Monday –Closed on Monday
- **Rally Point 2600 Trooper Drive (785) 784-5434**
  - Rally Point closed the kitchen for renovation of the kitchen exhaust hood in February. During this period, food service will not be offered. We are sorry for the inconvenience, but because this is the slowest period of the year, it seems like the best option for having the work done. We will be offering some alternative service for families at the Bowling Center and possibly Riley's.
  - Regular events planned are the following:
    - Krazy Karaoke every Wednesday (Sorry No Food Service)
    - Request Night every Thursday
    - Mixed Dance Night Fridays 8:00pm - ++
    - Late Nite Program Every Saturday 11:00pm-4:00am
    - Variety Dance Night Saturday 8:00-11:00pm
  - Plan for your unit function at Rally Point! Contact 784-5434 if you want to have a unit function in Rally Point. We are willing to help you any way we can.

- **Custer Hill Lanes Bldg. 7485 Normandy (785) 239-4366** - Come experience the difference for your “First Choice” as an entertainment place to go after work and every evening.
  - The Strike Zone Snack Bar: Open daily (Monday-Friday for lunch from 11:00am-1:00pm) and again at 5:00pm daily, except Monday. We offer pizza by the slice or by the pie. Call 239-1710. The snack bar also offers regular, fried entrees, hamburgers and salad specials. There are specials offered daily; call to see what they are.
    - Tuesday- All the Tacos you can eat/(pp)
    - Wednesday- Mini-Pizza w/Soda
    - Thursday- 95 cent Cheeseburger
    - Friday- Catfish Combo
  - Winter Leagues are now operating– If you are interested in beginning or joining a summer league, contact the Manager to sign up. The Bowling Center offers a regular program of bowling from Leagues, Open Bowling, Family Bowling and Extreme Bowling.
  - Youth Bowling Camp – March 21-25, K-5 grade, 9:00am-12:00pm. Cost is \$60.00 per child for the week and includes lunch. Sign up at the bowling center, Bldg. 7485.
  - Couples League – Want a “fun” league to begin bowling in June? Sign up at the center. For more information, call 239-4366
  - Hours of operation:
 

• Tuesday 5:00-11:00pm	Open Bowling
• Wednesday 5:00-11:00pm	Open Bowling
• Thursday 5:00-11:00pm	Open Bowling
• Friday 5:00-1:00am	(Open Bowling until 10:00pm then Extreme Bowling)
• Saturday 3:00-11:00pm	Open Bowling
• Saturday 5:00-7:00pm	Family Extreme Bowling
• Sunday 3:00-10:00pm	Family Extreme and Open Bowling
• Sorry Closed on Mondays, except for Lunch (11:00am-1:00pm)	
- **Riley’s Convention Center, 446 Seitz Drive, (785-784-1000) or 239-0559** - Riley’s Convention Center is now open. If you want an organizational meeting, or an official function please call them at the number listed above. Riley’s provides catering for buffets for groups with less than 200 persons. For larger groups there is a list of caterers who can provide for you. It only takes a call to 784-1000 to arrange your event. Stop by and visit the Center, you will be pleased with our facility and its staff.
- **Information, Tickets & Registration** - ITR is located at Bldg 6918 Trooper Drive, across from the Post Exchange. Hours are Monday-Friday from 10:00am-5:00pm. Call 785-239-5614 or 785-239-4415 for further information. You are welcome to use our facility area to hold your special function. Stop by and see us at 9011 Rifle Range Road.
  - Armed Forces Vacation Club (AFVC) - AFVC is a Space available program that offers condominium vacations at resorts around the world for only \$264.00 per unit per week. Installation MWR programs receive a payment for each condo rented. You need to provide Fort Riley's Installation number, #94, when you make a reservation. To reserve a condo, locate an available unit on [www.afvclub.com](http://www.afvclub.com).

- Orlando Dixie Stampede in conjunction with Pepsi Cola, will be running a special "Kids Free" promotion beginning March 10 to April 16. This offer allows one free admission per child (ages infant to 11 years) for each paid adult. Paid adult admission applies on voucher/booking made through ITR. Should any reservation booked include more children than adults, additional discounted tickets are available through ITR. Discount tickets are also available for Disney World, Universal and numerous other Florida attractions and hotels.
- Here's to the Heroes is valid for one complimentary single-day admission per person to the one of the Anheuser-Busch Parks. Complimentary admission for active duty military representing all five service branches, active members of a reserve or National Guard unit, and/or up to three direct dependents. Offer valid through December 31. On line application form available at [www.herosalute.com](http://www.herosalute.com).
- Colorado Ski packages still available for spring break. Military discounts available for lift tickets for Winter Park, Copper Mountain, Breckenridge, Keystone or Vail.
- Military Discounts: Authorized patrons can start taking advantage of special military discounts and bargain cruises. Stop by ITR and pick up brochure.
- Discount movie tickets are available through ITR for Seth Childs Cinema. Tickets are not movie specific and have an expiration date of December 2005. Great gift idea!!
- Country Stampede - Have you ever attended a party with thousands of friends, national recording artists and four days of non-stop music and fun? Country Stampede is a weekend of country music and camping festival June 23-26 at Tuttle Creek State Park in Manhattan. The weekend is fun-filled and action-packed with great performers, fantastic food, colorful crafts and other activities. Top performers will include Big & Rich, Keith Urban, ZZ Top, Montgomery Gentry and many more! Early bird discounted tickets are now available through ITR.

### **Community Recreation**

- **Arts & Crafts Center Bldg. 6918 (785) 239-9205** - The Fort Riley Arts & Crafts Center offers a number of open shop usage areas for patrons. Usage areas include woodshop, ceramics studios, matting and framing studio, computer lab, photography, stained glass, sewing, quilting, basket weaving and leather. Classes are offered in the evenings and on weekends in all program areas. A schedule of upcoming classes is available at the center.

Open shop activities hours of operation:

Monday and Tuesday 1:00-8:30pm

Wednesday 9:00am-4:30pm

Saturday and Sunday 9:00am-4:30pm

Closed Thursday and Fridays and most holidays.

- Please note that the Sales Store hours have been reduced during the deployments. The sales store is now open during the regular open shop hours listed above.
- The Arts & Crafts Center is co-located with ITR in Bldg. 6918 across from the Post Exchange. Call 239-9205 for more information.
- Arts & Crafts offers tours and classes for groups such as coffee groups, FRGs and scouts (Need your pine wood derby cut? We can help).
- The woodshop has 4,000 square feet of floor space and all the specialized equipment to complete any project. A large selection of hardwoods, plywood and processed materials are available for purchase.

- The ceramic studio has over 2,000 molds available as well as four potter's wheels and five ceramic kilns, making it possible to create finished ceramic ware from scratch.
- The matting and framing studio has a huge selection of mats and frame stock available as well as state of the art equipment. Conservation and preservation mats are available for fine art work pieces. Finish a project in one day with the help of our friendly staff.
- The black and white photography lab offers five enlargers, large sink areas and film and print dryers. Photo supplies are available for purchase.
- The computer lab has two desktop computers with a wide range of graphics and business software. A flatbed color scanner and color laser printer are ready for walk-in use. For a nominal fee, staff will show what programs are available and then you can get to work. You must have previous computer knowledge. Internet access is available for purchase.
- Other studio areas include stained glass, sewing, quilting, basket weaving and leather. Specialized equipment such as sewing machines, glass saw and grinders, and engraving equipment are available for walk-in use. Scrap bookers beware we have the zyron machine for making stickers and Accu Cut die machine for you to use, at a minimal charge.
- Services Available includes professional matting and framing, plaques and awards and computer engraving. The center boasts a new laser engraver that rivals any engraving service in the area. Stop by for a free estimate on matting and framing services for your artwork, prints or certificates.
- Stop by for a class schedule.
- For your next coffee group let's do a craft!
- We have set up an afternoon class on stained glass Mondays and Wednesday 1:00-3:00pm. Do not miss this great opportunity!!
- **Automotive Skills Center - Bldg. 7753 Apennines, (785) 239-9764,**  
Hours of Operation: Wednesday - Friday 1:00-9:00pm. Saturday - Sunday 9:00am-5:00pm. Closed Monday and Tuesday.
  - The Fort Riley Automotive Skills Center is located in Bldg 7753, Apennines Dr, next to the 24-hour car wash.
  - The automotive skills center provides state of the art tools and equipment for patrons utilizing the facility.
  - Basic and advance automotive repairs for active duty personnel, dependants, retiree, reservists, youth and scouts
  - Basic automotive repair class first and third Thursday of each month 6:00-7:30pm
  - Advance automotive repair class second and fourth Thursday of each month 6:00-7:30pm
  - Services include four-wheel drive front and rear wheel alignment, air conditioning testing and service, 25 point vehicle safety inspection (\$10.00 by appointment), and much more.
  - Professional staff of trained mechanics to instruct and assist in self repair projects
  - 15 Vehicle Lift Bays
  - Open bays and lift bays with complete set of tools and roll-around benches for customer use
  - Complete tool room with specialized tools and equipment
  - 8 Bay Car Wash with power washers and vacuum cleaners.
  - State-of-the-art Paint Booth and Body Shop person for expert advice and instruction

- Mitchell on-demand technical library available on DVD
- Check us out so we can check your automotive needs before you pay expensive repair bills.
- We have the latest equipment to perform tests on alternators, batteries, air-conditioning, on-board computers, anti-lock brakes and much more. On site parts sales store
- **Outdoor Recreation Center (ODR), Bldg 9011 (785)239-2363/6368**
  - Hours of Operation: Monday - Friday: 9:00am-5:00pm  
Saturday: 8:00am-4:00pm  
Sunday and Monday: Closed
  - Longest Turkey Beard Contest - Spring turkey season is just around the corner. The Longest Turkey Beard Contest registration runs from March 17 to April 7. Turkey season runs April 13 to May 31. Youth (16 years and younger) season runs April 8-10. Categories for prizes include typical, non-typical and youth. Turkeys must be harvested within the boundaries of Fort Riley. Cost is \$15.00 per person.
  - Four-Man Skeet Competition - On March 19 at 10:00am, we will host a 4-man Skeet Competition. Team pre-registration is required. Only 12 and 20 gauge shotguns allowed. Bring your own shotgun shells. Cost is \$3.00 per person for 25 clays.
  - Archery Familiarization Classes - Archery Classes are being offered from March 8 to April 7 on Tuesdays and Thursdays from 4:00-5:00pm and Saturdays, 9:00-10:00am. The cost per class is \$2.00. Come out and improve your skills. We are offering an Archery Top Gun Shoot Out Tournament on April 9 at 9:00am.
  - Boater Safety Course - Want to rent a boat at ODR? Don't know the rules and regulations on the waters of Milford Lake and Tuttle Creek? Join us and learn the rules through a Kansas Department and Wildlife instructor on April 7 and 8 from 7:00-9:00pm and April 9 from 8:30am-12:30pm.
  - Basic Landscaping Class - Join us at West Acres Nursery on April 9 from 1:00-2:00pm and learn some basic landscaping. Learn how to design your beds, prepare your beds and select the proper plants for this area. West Acres Nursery is located at 2516 W. Highway 18 in Junction City. Please call ODR to register for the class.
  - Clay Range - Use our Clay Range to improve your skills for hunting those birds, turkey or deer. Cost is \$5.00 for one round (25 clays) or \$10.00 for three rounds (75 clays). You can rent a .12 or .20 gauge shotgun from us for \$5.00 (used only while we're open for business). Shotgun shells are NOT included.
  - Laser Shot Shooting Simulation System - Improve your hunting skills with the Laser Shot Shooting Simulation System. Cost per person is \$5.00 per hour or group rate is \$15.00 per half-hour or \$25.00 an hour.
  - Archery Range - We also have an Archery Range where you can improve your bow hunting skills. Cost to use the range is free. We have targets, bows and arrows you can rent from us for a fee. Depending on how long you use the equipment determines the cost.
  - Hunting and Fuelwood Permits - We sell the Fort Riley Hunting Permit for \$16.00 and Fuelwood Permits for \$22.00. To fish on Fort Riley this year only requires a Kansas Fishing License unless you are taking trout out of Moon Lake you must have a trout permit. You can get a trout permit at Milford State Park or Tuttle Creek State Park. Cost is \$11.00.

- Scouting Area - We reserve the Scouting Area at Moon Lake. There is no cost to use the area.
- Special Events - Having a special event for the children throughout the year. Rent one of our three (pirate ship, round or square) inflatable playspace "moonwalks" (requires electricity) for \$92.00 a day or \$150.00 a weekend.
- We also have a large selection of party/picnic equipment, leisure equipment, camping equipment, canoeing, kayaking and boating accessories for rent.
- Call us at 239-2363/6368 and see if we have what you need to make your function the best ever.

### **Sports – King Field House Bldg. 202 (785) 239-3868**

- **Riley Wheels Skating Rink 239-3764**

- Friday - 8:00-10:00pm
- Saturday - 1<sup>st</sup> session 6:00-8:00pm  
2<sup>nd</sup> session 8:00-10:00pm (\$1.25 stay-over fee for 2<sup>nd</sup> session)
- Sunday - 2:00-4:00pm - Family Skate \$1.00 per family member.
- Authorized ID card holders only!!!!
- Riley Wheels is available for rent for private functions such as birthdays, unit parties, support groups, youth and school groups, scouts, etc. For more information call 239-3764.

- **LONG POOL 239-9441**

- Mommy and Me Time/Social will be meeting with the cost of \$2.00/family; pool passes are not included, on the following dates and times:
 

March 22	9:00-11:00am	Long Pool
April 5	9:00-11:00am	Long Pool
April 12	4:00-6:00pm	Long Pool
- Family Fun Nights will be held with the cost of \$5.00/family, pool passes are not included, on the following dates and times:
 

March 18	7:00-10:00pm	Long Pool
April 1	7:00-10:00pm	Long Pool
April 8	7:00-10:00pm	Long Pool
- Fort Riley Aquatics is accepting applications for summer hire! NAF positions available are: Lead Lifeguards, WSI/Lifeguards and Lifeguards. Applications may be picked up and dropped off at the CPAC/NAF Human Resources, Bldg. 319, Main Post. Call at 239-9441 or the Sports Department at 239-2172 for more information.
- Custer Hill Pool and Main Post Pool will be beginning their summer season May 28 with the following operational hours:
  - Custer Hill Pool: Monday – Sunday 11:00am-8:00pm (same fees apply)
  - Main Post Pool: Monday – Sunday 12:00-7:00pm (same fees apply)
- Please call 239-9441 with inquires referring to Group or Private Swim Lessons.

- **Unit PT and Drown Proofing** - All Unit PT and Drown proofing will be conducted at Long Indoor Pool, Bldg. 8069. Please submit a signed memorandum by the unit commander 2 weeks prior to the date requested. The memo needs to include date with time, number of soldiers, and point of contact. *Units will need to provide own instructors*, lifeguards will be provided. For more information call 239-9441.



- **Pool Passes**

	FAMILY
Quarterly	\$50.00
Semi-Annual	\$80.00
Annual	\$150.00

- **Daily Entry Fees:** \$1.50 - ID Card holder  
\$2.00 - Guest  
FREE - Child five and under

- **Adult Intramural Sports Programs**

- 2005 Post Battalion Level Soccer League begins March 21. Each Battalion is authorized one team.
- 2005 Post Battalion Level Volleyball Season begins March 21. Each battalion is authorized one team each in men's and women's.

- **All Army Sports Trial Camps:** Individuals interested in applying must contact the sports office for an application packet. If you have any questions, please call 239-3945/239 2172.

- **Fort Riley Community Life Sports Program:** The Fort Riley Community Life Program offers the following team sports:

<u>Sport</u>	<u>Competition Dates:</u>	<u>Registration fees Per Team:</u>
Volleyball	March-May	\$40.00
Softball	May-August	\$85.00

This program is open to all female family members of active duty, retired military. Also DA civilians, contractors and AAFES employees working on Fort Riley. You must be at least 18 years old to participate. For more information contact 239-3764.

- **Fitness Programs**

- Walk/Run/Bike Across Kansas- started March 1<sup>st</sup> (can sign-up at any time). This is a self-directed program, meaning you complete it at your own pace. From Ruleton, KS to Kansas City, KS is approximately 400 miles. Each time you visit one of the post fitness centers for your cardio workout, you will chart your miles at the front issue desk. You must complete your activity INDOORS on any equipment that gives mileage readings. A staff member must verify all distances. At the end of the program, those who have reached 400 miles will receive a Fort Riley Fitness t-shirt. This is a great goal to set and achieve! The program will begin March 1 and run through May 31.

- **Cardio Pump – Aerobics Class:** Monday & Wednesday 5:45-6:45pm

- Want a great cardio workout? This class is the one for you. All fitness levels are encouraged to attend. Mondays tend to be traditional step class. On Wednesdays get two workouts in one with a mixed format using step and resistance equipment (bands, balls, tubes, etc.). Be prepared to get PUMPED!!
- COST: \$2.00 per class or \$1.50 per class if paid in advance each month.
- Mon & Wed 5:45-6:45pm
- March \$9.00 No class Mar 2, 21 or 23.
- April \$12.00

- **Fitness Yoga -** Monday & Thursday 12:00-1:00pm

- A non-purist yoga class designed for all fitness levels. This class integrates body and mind for total performance featuring strength, conditioning, flexibility, and time, to calm your mind during your lunch hour.
- COST: \$2.00 per class or \$1.50 per class if paid in advance each month
- Monday & Thursday 12:00-1:00pm

- March \$9.00 No class Mar 3, 21 or 24.
- April \$12.00
- Mats are limited; please bring your own if you have one.
- **Fitness Assessment** - Want to find out your current fitness level? Register for our FREE fitness assessment. This session is for both the new exerciser and the seasoned fitness individual. This once a month session will involve body composition, cardio endurance testing, flexibility testing, and muscular strength and endurance testing. You must register in advance. Call 239-3146 or 239-2813. \*\*Limited to 10 participants\*\*  
Dates/Times: April 4, 8:45-11:15am
- **CARDIO TRAINING EXPRESS (CTE)** - Develop your cardio training skills in 2 sessions of intensive learning and training with a specialized instructor. This class is a great way to jump-start a cardio program for new exercisers, as well as provide motivation and direction for those who have been at it for a while.
  - Session I: Review of principles and components of cardio training (exercise phases, proper stretching, target heart rate).
  - Session II: Demos and hands-on time on a variety of cardio equipment.
  - Class Dates/Times: Must attend one CTE I and one CTE II
 

CTE I	April 5	9:45-10:45am
CTE II	April 7	9:45-10:45am
  - Cost: \$ 0
- **Weight Training Express (WTE)** - Develop your weight training skills in 2 sessions of intensive learning and training with a specialized instructor. This class is a great way to jump start a weight training program for new exercisers, as well as provide motivation and direction for those who have been "pumping iron" for a while.
  - Session I: Review of principles and components of weight training (program design, training systems, etc.).
  - Session II: Demos and hands-on in the weight room, learning proper form, breathing, and stretching.
    - Class Dates/Times: Must attend one WTE I and one WTE II
 

WTE I	April 12	9:45-10:45am
WTE II	April 14	9:45-10:45am
    - Cost: \$ 0
- **PT Power Time-** Tuesday 6:30-7:30am - Looking for an alternative to traditional PT? This class rotates weekly between fitness yoga, total body circuits, and power sculpting (bands, tubes, and stability balls). This class provides the variety you need to avoid plateaus and maximize results. Redefine yourself! Class is for active duty military, reserves, and guard soldiers.
  - Tuesdays 6:30am-7:30am
  - Cost: \$0
  - No Class March 22
- **New Fitness Classes**
  - Total Tone - This is a simple yet demanding class that will tone every major body part. Equipment options for this class may include: step, hand-held weights, tubing, bands, and stability balls.
 

April 14	5:45-6:45pm
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  - Cost: \$ 0

- Bodyworks Circuit - This class provides the ideal setting to gain familiarity with dumbbells, nautilus equipment (beginners), and cable equipment (intermediate).  
April 12      5:45-6:45pm  
Cost: \$0
- Target Heart Rate Training - Learn to train at your target heart rate for efficient and safe results. This coached workout will mix it up by alternating periods of moderate, steady cardio training with strong, high intensity moments. If you thought you would never make it through a tough workout, now you can with this motivationally coached class.  
April 5      5:45-6:45pm  
Cost: \$ 0
- Cardio Challenge - Looking for something different? Try Cardio Challenge. This class involves different modes of cardiovascular equipment all within one workout.  
April 7      5:45-6:45pm  
Cost: \$0

**\*\*All fitness programs, events, and classes for April are held at King Field House Fitness Center, unless otherwise noted.**

- **Train for the Prairie-** starts April 11, Mondays & Wednesdays 9:00-10:00am - Have you ever wanted to run a race and thought you just couldn't do it? Here's your chance to get the expertise training you need to complete your first race. The goal of the program is to train for endurance to complete the 10-5-2 Mile Prairie Run hosted by the Fort Riley Sports Department on July 23. You'll be guided with lots of optimism and encouragement as you achieve what you believed to be impossible! Registration deadline is April 5. Group training will be every Monday & Wednesday, 9:00-10:00am, beginning April 11. All participants that train for the duration will be registered for the 10-5-2 Prairie Run and receive a T-shirt at no cost.
- **Scavenger Challenge- April 23, 9:30am-12:00pm** - Be active as a family by walking, biking, or rollerblading around main post visiting historic points of interest in search of clues to complete the Fort Riley Scavenger Challenge. There will be prizes and games along the route, so be sure to come and join the fun!! There will also be light snacks provided. The fun will start and end at the King Field House Fitness Center. Once the challenge is completed, meet back at King Field House for your reward, a "Fort Riley Scavenger Challenge 2005" fun family photo! Come join the fun! April 23, 9:30am-12:00pm (you may sign-in to start the course anytime between 9:30am and 11:00am).
- **Riley Wheels Skating Rink**
  - Hours of Operation:
    - Friday - 8:00-10:00pm
    - Saturday 1<sup>st</sup> session - 6:00-8:00pm
    - Saturday 2<sup>nd</sup> session - 8:00-10:00pm (\$1.25 stay-over fee for 2<sup>nd</sup> session)
  - Sunday 2:00-4:00pm Family Skate- \$1.00 per family member. Authorized ID card holders only!!!
  - Riley Wheels is available to rent for private functions such as birthdays, unit parties, support groups, youth and school groups, scouts, etc. For more information call 239-3764.
- **LONG POOL**
  - **Mommy and Me Time/Social** will be meeting with the cost of \$2.00/family, pool passes not included, on the following dates and times:
    - March 1                      9:00-11:00am      Long Pool
    - March 15, 29              9:00-11:00am      Long Pool

- **Family Fun Nights** will be held with the cost of \$5.00/family, pool passes not included, on the following dates and times:
  - February 25                      7:00-10:00pm                      Long Pool
  - March 4, 18                      7:00-10:00pm                      Long Pool
- **Unit PT and Drown Proofing:** All Unit PT and Drown proofing will be conducted at Long Indoor Pool, Bldg. 8069. Unit commanders must submit a signed memorandum 2 weeks prior to the date requested, including date, time, number of soldiers, and point of contact. Units will need to provide their own instructors; lifeguards will be provided. For more information call 239-9441.
- **Pool Passes**

SINGLE	FAMILY	
Quarterly	\$35.00	\$50.00
Semi-Annual	\$60.00	\$80.00
Annual	\$110.00	\$150.00
Daily Entry Fees:		
	\$1.50 - ID Card holder	
	\$2.00 - Guest	
	FREE - Child five and under	

For further information on any of the classes or events please call 239-9441.

- **Adult Intramural Sports Programs**

- March 1-7: 2005 Post Company Level Basketball Tournament at King Field House.
- Post Battalion Level Soccer League starts March 21. Each Battalion is authorized one team.
- 2005 Post Battalion Level Volleyball Season begins March 14. Each battalion is authorized one team each in men and women's competition.
- All Army Sports Trial Camps: Individuals interested in applying must contact the sports office for an application packet.
- If you have any questions, please call 239-3945/239-2172.

- **Fort Riley Community Life Sport Program**

- The Fort Riley Community Life Program offers the following team sports:
 

Sport	Competition Dates	Registration fees Per Team:
Volleyball	March-May	\$40.00
Softball	May-August	\$85.00

  - This program is open to all female family members of active duty/retired military or DA civilians, contractors, and AAFES employees working on Fort Riley. You must be at least 18 years old to participate. For more information, contact 239-3764.

### **Better Opportunities for Single Soldiers (BOSS) (785) 239-8147**

- March 18: St. Patrick's Day celebration/party at Bowling Center. Games, party favors, and free bowling for the first 12 to arrive
- April 15: Boss Rusty Club Classic Golf Tournament @ Custer Hill Golf Course
- April 22-24: Six-Flags over Texas/Arlington
- April 29-May 1: Cinco De Mayo Celebration/Fort Sam Houston, San Antonio, Texas
- Shopping at Riverfront Mall
- May 5-6: Send a Flower to Mom for Mothers Day! Sign up at ITR.

## **Soldier and Family Support Center (785) 239-9435**

- **Relocation/Family Readiness**

- Newcomers' Orientation: 8:30am–12:00pm March 25  
April 8  
April 22
- PCS Briefing: 1:30 pm – 3:00 pm Stateside – March 23  
Korea - April 6  
Germany – April 13  
Overseas – April 20  
Stateside – April 27

- **Family Readiness Group Training**

- FRG Leader Basic Course: March 17, 6:30-8:30pm
- FRG Leader Basic Course: March 17, 9:30-11:30am
- FRG Point of Contact (POC) Training: April 5, 6:30-8:30pm
- FRG Leader Basic Course: April 19, 6:30-8:30pm
- FRG Leader Basic Training - Information and training will be provided on: the responsibilities of an FRG leader, the goals of an FRG, supporting the military mission, effective ways of communicating with family members, the importance of distributing accurate information and maintaining confidentiality, volunteer positions and opportunities within the FRG, and more. The training is primarily for newly appointed FRG Leaders, but anyone in the FRG may also attend.
- POC Training - Information and training will be provided on the role, responsibilities, and expectations of a POC leader. The session will also cover the importance of communicating with family members, distributing accurate information, and maintaining confidentiality.
- All classes will be held at the Soldier and Family Support Center. Free childcare is available; parents must bring child's shot records. Registration is required for the classes and childcare. Please call 239-9435 to register.
- Deployed Soldier Spouse Activity Day
  - The activity day for spouses of deployed soldiers is held on the 2<sup>nd</sup> and 4<sup>th</sup> Monday of each month. Come out and join other spouses for an afternoon of sharing, support and fun.
  - March 28 – Fun & Games Day – Come out and join other spouses for an exciting day of fun, food, and prizes! Free refreshments will be available.
  - April 11 – Cooking Class
  - April 25 – Workshop: "Child Lures" Prevention strategies for keeping your children safe," Presented by Billy May, ACS Family Advocacy Prevention Educator.
    - Place: Soldier and Family Support Center, Bldg. 7264
    - Time: 12:00-3:00pm
    - Free Childcare/6 weeks to 12 years old (sign in will begin at 11:30am; please bring shot records/ snack is provided).

- **Deployment Support for Soldiers and Family Members** - Several Fort Riley agencies are offering support, information and assistance during all phases of deployment. Soldiers and family members are encouraged to contact any of the following agencies for assistance. Help is Always Available.

- Fort Riley Irwin Army Community Hospital - Behavioral Health Deployment Cycle Care Management Program, Bldg. 602, 239-7208
- Chaplains Help Line - 239- HELP (4357)
- Fort Riley Army Community Service (ACS) - located at the Soldier and Family Support Center, Bldg. 7264, 239-9435.
  - **Military One Source**
  - Free, off post, confidential counseling / 6 in-person sessions
  - Consultants who speak Spanish and 150 other languages
  - 24 hour help line – 1(800) 464-8107
    - **Family Advocacy** – In addition to our focus on abuse prevention and education, the Family Advocacy Program is promoting several community outreach services in April as part of the “Month of the Military Child.”
  - Love & logic Parenting Classes - Come and join us and learn new stress free parenting skills on March 17, 14, 21, and April 7, 14, & 21 at Bldg. 7264. FREE child care will be provided; however, early registration is required.
  - Keys to Community Resources - Family Advocacy Program has coordinated with Housing, CYS, and ACS to provide an informal question/answer workshop.
    - April 12, 10:00am–12:00pm at Riley’s Conference Center
    - FREE child care is offered; however, early registration is required
    - FREE refreshments
  - Post Exchange Community Outreach - Family Advocacy Program will provide information resources
    - PX main entrance (Food Court area)
    - April 15, 11:00am–1:00pm
  - IACH Community Outreach - Family Advocacy Program will provide information resources
    - Basement elevator (Dinning Facility entrance)
    - April 20, 11:00am–1:00pm
  - Waiting Spouses’ Group – The Waiting Spouses’ Group is a program designed to support spouses whose soldiers are on an unaccompanied tour. Separations for these spouses are particularly overwhelming because these families are left behind without the support network and regular contact that a Unit/Family Readiness Group would otherwise provide. The group provides spouses the opportunity to share common concerns, ask questions, as well as participate in social activities.
    - Spouse Activity Day - Waiting Spouses’ Group has teamed up with the Spouses of Deployed Soldiers Group to provide a Spouse Activity Day every 4<sup>th</sup> Monday from noon to 3:00pm at the Soldier and Family Support Center, Bldg. 7264 Normandy Drive. This month, the theme is “Fun & Games Day.” Childcare will be provided with early registration (shot records must accompany each child on the day of activity).
  - If you are interested in joining the group and would like to make the separation a little easier, come join in the fun. You can also contact the group facilitator at 239-9435 or email at [site2665@riley.army.mil](mailto:site2665@riley.army.mil).
- **Army Family Team Building (AFTB)**
  - If you are new to the Fort Riley area and are interested in learning about resources that are available or find that everyone is speaking another language that sounds more like alphabet soup than words, then you could benefit from the Army Family Team Building (AFTB) Level One classes.

- Level One, Two and Three classes are offered at the Armed Services YMCA in Junction City on designated Fridays, 11:00am-2:00pm with free childcare on site. You *must* contact the AFTB Program Manager to pre-register your children. For more information or to speak to the Program Manager please call 239 -9435. Dates of upcoming classes are April 9 & 22.
- Level Two and Three classes are given at the Soldier and Family Support Center from 6:30-8:30pm and are open to everyone. There is no childcare provided for the evening classes. Upcoming dates of classes are April 6 & 20. Please contact the Program Manager to sign up for any classes in which you are interested.
- The new Level One modules are due out to the installations in the next few months. If you are interested in the changes and additions to Level One you can stop by for a copy or go on line to [www.aftb.org](http://www.aftb.org).
- **Army Volunteer Corps –**
  - The Fort Riley Volunteer recognition Week is scheduled for May 2-6. The Volunteer recognition ceremony will be held on May 2, at Riley's Convention Center at 7:00pm. This year's theme is "Fort Riley Volunteers; Heroes of the Heartland".  
You can mail, e-mail or drop off volunteer hours to Soldier and Family Support Center, Bldg. 7264, Fort Riley, Kansas 66442 or email hours to [site2665@us.army.mil](mailto:site2665@us.army.mil).
  - Volunteers are always needed and welcome. If you are tired of sitting around the house and would like to contribute to our community, come on out and get involved, volunteer. We have a variety of opportunities to gain job experience, training, learn a new vocation and gain job skills. You can contact the Army Volunteer Coordinator for more information by calling 239-9435 or by stopping by Bldg. 7264.
- **Exceptional Family Member Program (EFMP)**
  - Spring Fling - Exceptional Family Member and New Parent Support Program will be hosting a Spring Fling on April 30, 10:00am-12:00pm at the Soldier Family Support Center, Bldg. 7264. Families need to be enrolled in programs to participate.
  - Workshop: *Reaching for Opportunities in Learning Effective Techniques to Address Behavior Issues with Older Children*, presenter Lee Stickle, Autism Coordinator, Neurological Disability Support Project.
    - Date: April 26
    - Time: 6:00-8:00pm
    - Location: Fort Riley Youth Services/Teen Center, Bldg. 5800
    - RSVP to EFMP Office at 239-9435 by April 14

### **Child and Youth Services (CYS) (785) 239-4920**

- **CYS Central Enrollment Registry (CER)**, Bldg. 6620 on Normandy Avenue
  - Must be registered in CYS to participate in all CYS programs
  - Hours of Operation: Monday-Thursday, 8:30am-5:30pm and Friday, 1:00-5:30pm.
  - Annual registration fee is \$18.00 per child, or \$40.00 per family. CYS registration may be transferred to a new duty station upon PCS.  
Contact CER at 239-5077/4847 for information, or to make an appointment to enroll in CYS

- **Month Of the Military Child Celebration** - Join us on Saturday, April 9<sup>th</sup> for a free pancake breakfast at Bldg. 6620 (School Age Services). The breakfast will begin at 10:00am and last until 10:45am. We will then provide bus transportation to the April Activities Celebration in downtown Junction City. All ID card holders are welcome. Shuttle service will be provided back to Fort Riley at 1:00pm and 3:15pm. The April Activities Celebration is a free program provided to Junction City and the surrounding communities. The focus of the event is to bring all generations of our community together to learn about one another and to emphasize the importance of every adult in the lives of children. The event runs from 11:00am-3:00pm and takes place at the Junction City Municipal Building on the corner of 7<sup>th</sup> and Jefferson. There will be a wide variety of vendors, crafts, fun and games. Be sure to visit the CYS booth while you are there. Please RSVP for the pancake breakfast and bus transportation by Friday, April 8<sup>th</sup>, at 239-5077/9478.

### Instructional Classes

- **Piano Lessons** - Lessons for children 5- 8 years are conducted year-round at the Teen Center, Bldg. 5800, on Thursday and Friday from 4:00-8:00pm and Saturday from 9:00am-1:30pm for half-hour individual lessons. Cost is \$50.00 per month with a \$5.00 discount if paid in person prior to the 1st of each month. A waiting list is maintained and slots are filled as vacancies occur. Classes are open to family members of active duty military, DA civilian employees, reservists, and National Guard. Those wishing to place their names on the waiting list can come to Bldg. 6620. Contact Central Enrollment Registration (CER) at 239-4723/4847/9478 for additional information.
- **Gymnastics and Tumbling** - Gymnastics classes for children 3-5 years old are conducted Tuesday, Wednesday, and Thursday after school at the Teen Center, Bldg. 5800. The cost is \$30.00 per month for regular gymnastics classes, and \$40.00 per month for the Exhibition Team. An early bird discount of \$5.00 per month for each child will be applied to payments made prior to the 1st of the month.

Tuesday	4:30-5:30pm	5-7 yrs
	5:30-6:30pm	7-9 yrs
	6:30-7:30pm	10-15 yrs
Wednesday	4:30-5:30pm	3-5 yrs
	5:30-6:30pm	4-6 yrs
	6:30-7:30pm	6-8 yrs
Thursday	5:00-6:00pm	3-5 yrs
	6:00-7:30pm	Exhibition Team (invitation only)

Children must be registered with CYS and must have a current sports physical (less than one year old) at the time of registration to enroll. A health assessment, which states, "cleared for all instructional programs," will be considered the same as a sports physical for instructional programs only. Please call 239-4723/4847/9478 for additional information. CYS annual registration or re registrations is a prerequisite for class enrollment and is by appointment only.

- **Home Alone Training** - Home Alone training is for children ages 10 and up. Classes will be held on March 23, April 18, May 13, June 16, and July 14. Two different times will be available each day. Session One runs from 11:00am-1:00pm. Session Two is from 5:30-7:30pm. The classes will be held in the training room of the School Age Services Center, Bldg. 6620. Parents may attend as well if they would like. Class is free to children already enrolled in CYS and is \$10.00 for all other children. The training will focus on providing children with the skills they need to remain safe if they are home alone. Topics include: knowing the rules, handling emergencies, getting it together, and keeping it together. The March, April and May dates are school out days for Geary County Schools.



Registration and physicals are not a requirement for this class. Please contact CER to reserve your spot 239-5077/9478. Teens may register at the Teen Center.

- **Instructors Needed** - Classes will be advertised as instructors become available. Instructors are needed for a variety of classes. If you have a skill that you would like to teach through the Instructional Programs at CYS, contact the Instructional Programs Specialist at 239-4723. We also have a survey that you can fill out to let us know the programs in which you have interest.
- **Red Cross Babysitting Course** is scheduled for the third Saturday of every month.
  - Upcoming class, March 19 and April 16 at Bldg. 5800.
  - Cost is \$10.00. Call CER for more information at 239-5077/4847
  - Youth must be 11 years and older
  - All youth (12-18 years old) who successfully complete the course are eligible to be included on the Fort Riley Teen Babysitter Referral List, with parental permission
- **Parent Advisory Council (PAC)** meets the first Thursday of each month from 4:00-5:00pm in the training room at Bldg. 6620. All parents are encouraged to attend. Agenda includes program updates and parent information. Patrons receive a 10% discount on their childcare fee after attending three meetings. Call Outreach Services at 239-9850 for additional information.
  - April 1, 4:00-5:00pm, Parent Advisory Council Meeting, Training Room, Bldg. 6620
- **Child Development Center (CDC)** is accredited by the National Association for the Education of Young Children (NAEYC).
  - Hours of Operation are from 6:00am-6:00pm
  - Serves children ages six weeks to Kindergarten
  - Full-day, part-day preschool, and hourly care are available.
- **Family Child Care (FCC) Program** consists of care offered in on-post quarters by a military family member meeting FCC certification requirements. Homes are inspected and monitored regularly. Orientation/Information briefing is scheduled for the second Thursday of each month.
  - FCC homes provide care between the hours of 6:00am-6:00pm, and may provide extended and overnight care in the evenings and on weekends for duty related needs. FCC providers offer flexible hours that may better meet the needs of those requiring child care for extended periods, and for shift workers.
  - Serve children four weeks to 12 years of age
  - Full-day, part-day, and hourly care available
  - Small group setting with home atmosphere
  - Registration in FCC is through the CYS Central Registration office.
  - March 10 and April 14, 2:30-4:00pm, FCC Provider Information Briefing, Training Room, Bldg. 6620
- **Family Child Care Home Providers** – Adults wanting to become FCC providers are invited to attend an FCC informational briefing. The orientation/informational briefing is scheduled for the second Thursday of each month from 2:30-4:00pm in Bldg. 6620. For more information, call the FCC director at 239-9892. There is currently a shortage of FCC homes. Providers are being sought who will provide infant and hourly care.
- **School Age Services (SAS):** This elementary school age program is nationally accredited by the National After School Alliance (NAA).
  - Hours of Operation: 6:00am-6:00pm.
  - Before and after school programs for 1<sup>st</sup> –5<sup>th</sup> grades
  - Kindergarten program
  - Transportation provided to and from on-post schools is provided

- Transportation is now provided for Hourly Care children (new this year). Parents must make reservations by 12:00pm the day prior and SAS will notify the schools.
- Breakfast is served until 8:00am.
- SAS will be hosting a Month of the Military Child Carnival on April 29 from 3:30-6:00pm.
- Open Recreation (hourly care)
  - Available for children in Kinder and 1<sup>st</sup>–5<sup>th</sup> grades
  - Monday-Friday from 3:30-6:00pm on school days, 1:30-6:00pm on early release days, and 6:00am-6:00pm on no school days.
  - Parents must provide transportation and make advance reservations
  - Children eligible for SAS and who are registered with CYS are also eligible to receive five hours of free open recreation each month. Reservations are required. Call CYS at 239-9220 for more information.
- Free hourly care is available in SAS on March 19 and April 2 & 16 for families of deployed soldiers. Children who are in Kindergarten through 5<sup>th</sup> grade may receive free care at SAS from 10:00am-1:00pm. Lunch will be served at 11:30am. Children must be registered with CYS to participate in this program. Reservations are required by noon each Thursday prior to the Saturday opening. This program is subject to cancellation if there are not enough reservations.
- SAS Salutes our Deployed Soldiers during Month of the Military Child: Each Friday in April from 4:30-5:45pm the SAS computer lab will take family photos of registered SAS youth and their families. At the end of the month on April 28 (2:30 - 3:30pm) and April 29 (2:30-3:30pm and 4:30-5:45pm) families may stop by and pick up copies of their photo on a CD and have the opportunity to mail them to a deployed parent/spouse.
- **Youth Services Teen Center:** The Fort Riley Teen Center, Bldg. 580, is located on the corner of Thomas and Longstreet, telephone 239-9222. The Teen Center is an affiliate member of the Boys and Girls Club of America and participates in nationally recognized 4-H and Character Counts programs.
  - Teen Center Activities:
    - Homework Center: A quiet area for homework, open 3:30–5:00pm after school
    - Dance Team: Our new dance team practices every Monday/Wednesday at 4:30pm. New members are welcome. Performances will be scheduled.
    - Cooking Club: Meets each Tuesday at 4:30pm
    - Youth Committees (Torch and Keystone Clubs) meet every Thursday after school to plan activities
    - Middle School Dances: March 11 & 25 and April 1 & 8, 8:00-10:30pm. Cost is \$1.50 for registered members and \$2.50 for non-registered youth.
    - High School Dances: March 11 and April 9, 9:00-11:30pm. Cost is \$1.00
    - Midnight 3 on 3 Basketball Competition: Bring your best game to the Teen Center on March 18 from 8:00pm–Midnight, fee \$1.00
    - Teen Center Lock-in: March 19, 8:00pm to March 20, 6:00am. We will have refreshments and all night activities including music, games, team and single competitions, movies, dancing, and prizes. Cost is \$5.00 for members, \$7.00 for non-members.
    - Salina Wildlife Refuge, March 21, 1:00-6:00pm, \$10.00 per person, Meet at the Teen Center. Registration deadline is March 18.
    - Strike Zone Bowling Alley, March 22, 4:00-6:00pm, Meet at the teen center. Pay as you go bowling

- Topeka Mall, March 23, 1:00-6:00pm, Field Trip, \$5.00 per person. Meet at the Teen Center. Must sign up no later than March 18.
- U.S. Cavalry Museum, Fort Riley, March 24, 4:00-6:00pm, Meet at the Teen Center. Free
- BBQ at Moon Lake, March 25, 5:00-8:00pm. Join us for an evening of food and games while we conduct a community clean-up. Register by March 22. Free
- Family Potluck, March 26, 6:00-9:00pm, Bring a covered dish to the Teen Center and join us in an evening of friendship.
- Teen Center Party, April 15, 8:00-10:00pm, \$1.00 person, Bldg. 5800
- Open House: On April 2 the Fort Riley Teen Center will be sponsoring an Open House from 1:00-6:00pm at Bldg. 5800 for interested parents and teens. Multiple displays will include Teen Center programs, crafts, substance abuse prevention, and gang resistance. Activities will include a Bike Round-Up, Youth Sports events, interactive games, and an inflatable obstacle course. The Cooking Club will prepare and serve a free snack. The Teen Center Dance Team will perform for the first time. We will also be offering registration for Parent Training in Effective Techniques for Behavior in Older Children. There will be door prize drawings hourly. We hope you will be able to join us for a fun-filled afternoon and to learn what the Teen Center is all about.
- **Youth Sports**
  - Registration for youth Baseball, Softball, and T-Ball, for children, ages 5-14, and for the Start Smart baseball program (see description below) for 3 & 4 Year olds will be from April 25 to May 6. Registration will be held at Central Registration, Bldg. 6620, from Noon to 5:00pm. Current sport physicals and CYS annual registrations are required prior to registering for sports programs. Appointments are required in advance to register or renew CYS annual registration. Sports registration may be done on a walk-in basis during listed hours if required documentation is current. If you have questions, please contact the Youth Sports director at 239-9223, or Central Registration at 239-4847.
  - April 11 - Start Smart soccer program begins for 3 & 4 year olds. Start Smart is a fun, instructional program, designed to give parents and their children the opportunity to work one-on-one and spend quality time together. Registration is space available. For more info, call the Youth Sports office at 239-9223.
- **School Liaison Officer - 239-4708:** Sign up for the School Liaison Office In Touch program for updates on school related topics.
- **USD 475 Junction City-Geary County Schools:**  
USD 475 (Geary County-Junction City, Fort Riley, Milford, and Grandview Plaza) website: <http://www.usd475.org/>  
Tel: 785-238-6184
- **USD 383 Manhattan-Ogden Schools:**  
USD 383 (Manhattan-Ogden) website: <http://www.usd383.org/>  
Tel: 785-587-2000

#### **Directorate of Education 239-6481**

- An Educational Forum was conducted on January 25 at Riley's Conference Center. The target audience was the senior NCO leadership of the command. Civilian family members also attended, drawing attention to their desire to participate. Any family

member wanting to be included in these Educational Forums in the future should contact Education Services at 239-6481.

- Beginning April 4 all counseling for family members will be conducted at Custer Hill's two Learning Centers: Learning Center #1, located in Bldg. 7604, Parker Street and Learning Center #2, located in Bldg. 7656, Graves Street.
- A Video Tele-Training (VTT) graduate class is currently being conducted by Central Michigan University at Fort Riley Digital Training Center. The class, Public Personnel Administration Practice, is being offered simultaneously to students at Aberdeen Proving Grounds, Maryland, as an interactive televised class. The course is held for three weekends on Friday evening and all day Saturday from February 25 to March 26.
- KSU is offering a certificate program at Fort Riley in Conflict Resolution and Mediation. The next class is Conflict Resolution: Violence & Intervention and will be held Monday and Wednesday, 5:30-8:00pm, starting March 28. The 3-semester hour course is available for graduate or upper level undergraduate credit.
- Enrollment currently underway for next LSEC cycle, April 18 to May 23.
- Enrollment is ongoing for on-post college classes. Term is March 28 – May 23.
- Education Services will be hosting an Open House at the Digital Training Facility (Bldg. 7285) in the near future. This will be an opportunity for family members to take tours of the facility and see how Distance Learning Education and Training functions. This will also serve as a prelude for a family member to be selected to be "The Education Services Director for a Day."
- Contact Number: 239-6481

### **Installation Chapel Office**

- **Palm Sunday Mass-** March 20 at Morris Hill Chapel – Please note: Mass will be at 9:30am instead of 9:00am
- **Easter Sunrise Service**
  - March 27 at 6:30am, Outdoor Chapel
  - MG (RET) Orris Kelly, former Chief of Chaplains will provide the Easter Message
  - Continental Breakfast following the Sunrise Service
- **Catholic Services for Holy Week and Easter**
  - Holy Thursday-Mass at 5:30pm, St. Mary's Chapel
  - Good Friday-9:00am Morning Prayer, St. Mary's Chapel and 5:30pm Good Friday Service at St. Mary's Chapel
  - Holy Saturday-10:00am Morning Prayer and 7:30pm Easter Vigil & Reception of new members
  - Easter Sunday-9:00am Mass at Morris Hill Chapel and 11:00am Mass at St. Mary's Chapel
- **Marriage Enrichment Seminars Sponsored by the Morris Hill Gospel Congregation**
  - March Seminars: 7<sup>th</sup> and 21<sup>st</sup> at 6:30pm at Morris Hill Chapel
  - April Seminars: 4<sup>th</sup> and 18<sup>th</sup> at 6:30pm at Morris Hill Chapel
  - Continuing Seminars will be held on the 1<sup>st</sup> and 3<sup>rd</sup> Mondays of every month at Morris Hill Chapel. For more information, please call Morris Hill Chapel at 239-4814.
- **Marriage Enrichment Seminars Sponsored by the Family Life Chaplain**

The seminar is in two parts. Participation in the first night is required before participation in the second night. Childcare will not be available. For additional information and to register, please call 239-3436.

- April Seminars: 12<sup>th</sup> and 21<sup>st</sup> from 6:00–8:30pm at the Family Life Ministries Center
- May Seminars: 10<sup>th</sup> and 19<sup>th</sup> from 6:00-8:30pm at the Family Life Ministries Center
- **Pre-Marital Classes Sponsored by the Family Life Chaplain**  
Pre-Marital classes are held the first Thursday of every month from 9:00am–12:00pm at the Family Life Ministries Center. Please call 239-3436 for additional information and to register for the class.
- **Wounded Soldiers Outreach Support Group** Wounded Soldiers Outreach and Support Group (WSOS) meets monthly to provide wounded Soldiers and family members an opportunity to meet one another. The desire is that through this informal setting, helpful relationships will develop to assist in the healing process. WSOS meets the first Tuesday of every month at Riley's Conference Center from 6:00-8:00pm. For more information, please call the hospital Unit Ministry Team at (785) 239-7872 or the Family Life Chaplain at (785) 239-3436.
- **Purpose-Driven Life Retreat at Rock Springs Ranch**  
Everyone is invited to a *Purpose-Driven Chapel Retreat*, May 13-14. The purpose behind the retreat is to help primarily chapels and secondarily individuals become more focused and purpose-driven in their ministry. There will also be community fellowship and worship time, as well as great family time. For additional questions, please contact 239-0979.
- **3 BCT Rear D Chaplain: 239-5711**  
Mailing Address for 3 BCT deployed Soldiers:  
Rank, Name  
Company, Battalion  
3 BCT 1 AD  
APO AE 09378
- **Club Beyond - For additional information, please call 210-6240**
  - Club Times: CBJV 5:00-6:30pm, CB 7:00-8:30pm in the basement of St. Mary's
  - Bible Lunch Tuesday (BLT), grades 10-12; free lunch & devotion at First S. Baptist Church, JC.
- **THRIVE Workshop** – THRIVE stands for Take Hold of Reality and Invest for Victory in the End. THRIVE is a one-day event designed to encourage the wives of soldiers by offering a positive perspective and practical advice for handling the challenges that come with deployment. THRIVE has been developed by Fort Riley women for the women of Fort Riley with the support of the Command Chaplain's Office. Presenters are wives who have personal experience with deployment and want to pass on the things they have learned in key areas such as finances, parenting, loneliness, stress and personal well-being. THRIVE is open to all women, whether their husbands are currently deployed or not. There is no charge for attending, but reservations must be made in advance. A continental breakfast and lunch will be provided. Childcare will be available for children 5 and under. You will need to provide a shot record, snacks and lunch for your child. THRIVE will take place on Thursday, March 31 at the Riley's Conference Center from 8:45am-2:45pm. For more information or to register contact 784-4480

## **Staff Judge Advocate**

- **2005 Fort Riley Tax Assistance Program**

- Free Tax Preparation at the Fort Riley Tax Center.
- The Fort Riley Tax Center is currently preparing all federal and state tax returns at no cost to soldiers, family members, and retirees.
- As of February 9, the Fort Riley Tax Assistance Program has prepared over 1,700 federal tax returns and over 1,200 state returns. The Tax Center has been electronically filing approximately 94% of the returns it prepares.
- The Tax Center typically paper files state returns when the state's tax law excludes military income from taxable income. The Tax Center also paper files amended returns.
- The free preparation service has put over four million dollars back in the pockets of Fort Riley soldiers and their families and saved the same soldiers over \$300,000.00 in preparation fees.
- Call 239-1040 anytime before April 15 to schedule an appointment at the Tax Center.
- The Tax Center also takes walk in appointments during hours of operation.
- Come use the free preparation services on Monday through Thursday from 9:00am-5:00pm, Friday from 9:00am-6:00pm, and Saturdays from 10:00am-2:00pm.

## **Plans, Analysis, & Integration Office (PAI)**

- Use ICE to help us serve you better. ICE (Interactive Customer Evaluation) is a web based customer feedback system. You can provide an evaluation of more than 170 services on Fort Riley or communicate directly with the manager of a service via ICE.
- You can access ICE several ways. The quickest is to click on the ICE link on the sidebar of the Fort Riley home page ([www.riley.army.mil](http://www.riley.army.mil)). You may also access our site via the ICE homepage (<http://ice.disa.mil>), and then drill down through the map to Fort Riley. In either case, you will reach a search page listing categories of service. The names of the organizations you can rate will appear when you click on the service category. The comment card will come up when you click on a service name. At the bottom of the comment card, you will also find a dialogue box in which you can enter comments. Your comments are most valuable to our service providers. If you wish to see how others have rated a service in the past 90 days, click on the "Report" box. General information about the service can be obtained by clicking on the "Info" balloon.
- ICE is a worldwide customer feedback system supported by the Department of Defense Office of Quality Management. You will find all branches of service and installations worldwide whose services you can rate or see how others have rated them. This may be important to you if you have been TDY and wish to rate services received or if you are going to another installation and want to know how users evaluate a service.
- ICE is administered by the Plans, Analysis & Integration Office at Fort Riley. If you have questions about this service or wish to develop a comment card for your organization, please call 239-2540.

## **Provost Marshal Office (PMO)**

## **Directorate of Public Works**

- **Self-Help Store lawn care products (quarterly issue):**
  - Grass Seed – 2 each (Four pound bags)
  - Peat Moss – 2 bags
  - Mulch – 6 bags
  - Lawn Food – 3 bags
- **Update Housing records when:**
  - Rank changes
  - Unit/Company changes
  - Phone number(s) change
  - Address
  - Number of dependents change
- **Absence from Government Quarters:**
  - Over 7 days must report to the Housing Office 239-3525
  - 30 days or more must be approved by Housing
- **Lawn Maintenance**
  - Grass cut to height of three and one-half inches as needed
  - Areas of responsibility are defined in Housing Handbook
  - Lawns will be edged along walks, driveways, curbs, and flowerbeds
  - Routinely trim shrubs and bushes
  - Eliminate any vines that grow and climb on housing unit
- **Spring Cleanup**
  - 27-30 May
- **Waiting List during Soldier's absence**
  - Name remains on the list
  - Current phone number is required for notification
  - Spouse can elect to wait for soldier's return before accepting housing
  - Name can be bypassed. Notify Housing upon soldier's return
  - Spouse can accept and sign for quarters
  - Transportation Office requires power of attorney to move household goods
- **Single Parents leaving children in quarters during deployment**
  - Must appoint a guardian
  - Provide guardian's name and information in writing to Housing
  - Guardian should be only person to occupy the quarters with your dependents
  - Request for more than one person will be addressed on a case-by-case basis
- **Kitchen Remodel Update**
  - Starting March 8 contractor will begin in the 6800 area
  - Residents are given written notification when quarters are scheduled for work
  - Government can not reimburse occupants for meals or lodging
  - Refrigerators and stoves are relocated, so that occupants can continue use of appliances
  - Occupants are not allowed in kitchen area once work has begun
  - A total of 164 out of the 625 kitchens under contract have been renovated to date with 23 in progress.
  - Questions and concerns should be addressed to the Contract Inspector of the project at 239-6273 or 239-2727

## **Directorate of Environment and Safety (DES)**

### **G3/DPTM**

- March 28-31: (continues thru the month of April) 1-34 AR conduct Tank Tables at the MPRC (Multi-purpose Range Complex)
- March 28-31: (continues for the next 2 weeks in April) 1-16 IN Expert Infantryman Badge (EIB) training and testing
- March 29-31 and April 4-7: 172 Chem (from 541<sup>st</sup> Maint/937 EN) on conducts an Field Training Exercise (FTX)
- March 31: 541<sup>st</sup> Maint conducts a Tactical Operation Center exercise (TOCEX)
- April 11-29: 1 BCT conducts convoy live fire training
- April 18-28: 1 EN conducts situational training exercise (STX)

### **Veterinary Services**

#### **FORSCOM Family Readiness Group Assistance Program**

- The program has been created to provide administrative support and facilitate the needs of the Command and Family Readiness Group members.
- The FRG Brigade Assistant serves as a liaison between Commanders, FRG members and community resources and aids in the standardization for FRG's.
- The intent is to free the Family Readiness Group leadership team of administrative requirements so they can focus on supporting families.
- The FRG Site Manager is located in the Soldier and Family Support Center (ACS Bldg. 7264) 239-9435.

### **American Red Cross**

- **The Fort Riley Cookbook** has arrived and is now ready for sale. Your cost is \$20.00 and can be purchased at the American Red Cross office Bldg. 7264 Normandy Drive, the Soldier and Family Support Center. Get a first hand view by checking out our advertisement on the Fort Riley Web page. These cookbooks make wonderful going away and Mother's Day gifts.
- **The Spring Dental Assistant Program** will begin the end of April. Applications will be taken starting the week of March 21 and need to be returned by March 31. Stop by the Red Cross office and pick up your form. Interviews will be held the beginning of April.
- **The Red Cross Summer Youth Program** will be starting on June 1. Watch the Bugle Call for further information in the months to come.
- **Red Cross is always looking for Volunteers.** Have an interest? Give us a call, and we will see where we can place you. Red Cross does reimburse for some childcare. Due to the upcoming PCS movement this summer, leadership positions will be opening up on our Red Cross Advisory Council in June. If you are interested, call 239-1887. As always, "Thanks" for supporting your Fort Riley American Red Cross.



## **Boy Scouts**

## **Girl Scouts**

### **Armed Services YMCA (ASYMCA):**

Take advantage of our childcare programs.

- **Mom's Monday Out**
  - Mondays, 10:30am-3:00pm
  - You must provide a sack lunch and a snack for your children.
  - \$7.50 1<sup>st</sup> child
  - \$8.25 for children under 2
  - \$6.75 per additional child
  - \$7.50 per additional child under 2
- **Mom's Morning Out**
  - Tuesday Mornings, 10:30am-3:00pm
  - You must provide a sack lunch and a snack for your children.
  - Prices are the same as our Mom's Monday Out.
- **Mid Week Break**
  - Wednesdays, 10:30am-3:00pm
  - You must provide a sack lunch and a snack for your children.
  - Prices are the same as Mom's Monday Out.
- **Parent's Day Out**
  - Fridays, 10:30am-2:00pm
  - You must provide a sack lunch for your children.
  - \$6.00 1<sup>st</sup> child.
  - \$6.75 for children under 2
  - \$5.25 per additional child
  - \$6.00 per additional child under 2.
- **Friday Night Out**
  - 5:30-10:00pm
  - Please provide a dinner and snack for your children.
  - \$7.50 1<sup>st</sup> Child
  - \$8.25 for children under 2
  - \$6.75 additional child
  - \$7.50 per additional child under 2
  - Reservations are required for all childcare programs.
- **Aerobics** - The ASYMCA also offers Aerobics classes three times per week. Childcare is available for all classes at \$1.00 per child. No reservations needed! Classes are limited to 20 people (we must have up to date shot records on all children).
  - \$2.00 per class for walk-ins or you may purchase a punch card for savings.
  - Classes are: Monday/Wednesday/Friday 9:00-10:00am
  - 45 minutes of Step Aerobics/15 minutes of Toning
  - Friday - Body Toning or Circuits
  - Starting March 15 Tuesdays and Thursdays 5:30-6:30pm
- **The ASYMCA is available** for your FRG Meetings. Call to schedule.
- Need a place to hold a Kid's Birthday Party, Baby Shower, or Bridal Shower. We offer our building for rentals.
- **CPR/First Aid Course:** Saturdays from 8:00am-5:00pm. Call for more information and to sign-up.

- **Dance Classes** - We will be offering dance classes Tuesday and Thursday at 6:30pm for children ages 2 ½ to 13.
- **For more information** call 238-2972 or stop by the ASYMCA at 111 East 16<sup>th</sup> Street, Junction City.

### **Thrift Shop**

- The Thrift Shop will be closed for Spring Break the week of March 21–27. We will reopen on Tuesday, March 29.
- FRGs and Non-Profit Organizations – have your next fundraiser at the Post Thrift Shop! Free space available to sell food, etc during our Saturday openings 10:00am-1:00pm. Dates available April 2, May 7. Call the Thrift Shop during business hours to register.
- Executive Board positions open for next year include Chairman, Vice Chairman, Secretary, and Publicity. Board term runs May 2005–May 2006. Call the Thrift Shop for more information. Great opportunity to add retail experience to your resume!
- Hours of Operation: Bldg. 267, Stuart Avenue (next to the stables)  
9:30am–2:30pm, Tuesday, Wednesday, & Thursday  
1<sup>st</sup> Saturday of the month – April 2, 10:00am–1:00pm.
- Consignments accepted on Tuesdays, 9:30am–1:00pm and Saturdays, 10:00am–12:00pm. 15 items per consignment/only 7 items of clothing. No restrictions on consignments accepted on Saturdays. All consignments must be clean and in good condition. Consignment checks available for pick-up on Tuesdays and Thursdays. Must show ID.
- Volunteers are always needed and welcomed. Reimbursement for childcare, 25% off all Thrift Shop merchandise the day you volunteer. Call 784-3874.

### **Historical and Archaeological Society of Fort Riley (HASFR)**

- Please share with your friends, neighbors, Family Readiness Groups, and Coffee Groups information about the Historical and Archeological Society of Fort Riley. This organization is made up of individuals and families who love the History of Fort Riley. Sound stuffy? Quite the opposite! This group of fun-loving individuals and families enjoy getting together for fun events planned around the history of this great military installation. Yearly membership is only \$5:00 per family, and it entitles you to a Historical and Archeological Society of Fort Riley pin and the monthly newsletter. We now also have lifetime memberships for \$25:00. Let's spread the word and keep our organization growing strong. For more information about membership you can call 784-4880.
- Wondering where you can get the items you have seen at the Ways and Means table at Historical and Archeological Society of Fort Riley events? Now you don't have to wait for the next Historical and Archeological Society of Fort Riley event to purchase items. Check out the Historical and Archeological Society of Fort Riley merchandise at The Shoppe located in the Cavalry Museum.
- Looking for a gift that symbolizes the history of Fort Riley? The Historical and Archeological Society of Fort Riley has the item for you. A bronze statue of Ol' Bill is now available through Historical and Archeological Society of Fort Riley for only \$100. For more information, please call 784 4839. This is a great Fort Riley item.

**Enlisted Spouses Club (ESC)** - What is ESC? The Enlisted Spouses Club is a service and social organization open to any active duty, retiree, reservist, or widowed spouse of soldiers E1-E9 who is looking to give back to the Fort Riley community while making friends and having fun. Interested in becoming a member? Call 770-9219.

- **PAMPER ME NIGHT!** - Mark your calendars for Thursday evening March 31 for our Pamper Me Night/Basket Raffle, held at Rally Point from 6:30 to 9:00pm. This event, sponsored by First Command with additional support from Pioneer Services and Fort Riley National Bank, is open to any Fort. Riley spouse. Tickets cost \$5.00 per person, which includes admission, soda and snacks, door prize ticket, and sample services offered by representatives from local salons, massage parlors, and home based “pampering” businesses. We will also have baskets up for raffle that are filled with different pampering items. This is an evening you won’t want to miss!! Reserve your ticket by calling 784-8333 by March 23. A limited number of childcare slots are available at the ASYMCA from 6:15-9:15pm for ESC members only. Reservations for childcare must be made by March 23 by calling 223-0924. Any remaining spots will be opened to others after March 15.
- Wednesday April 27, 6:30pm at the ASYMCA - General membership meeting, followed by a baby shower for the American Red Cross. We will be collecting baby items for the mother’s outreach program at Irwin Army Community Hospital. We will have food, games and of course fun, so come and join us.
- It is not too late to join the ESC!!! Join us and be a part of an organization that gives back to the community while having fun. If you are not already a member but are interested in joining or would like more information, please contact [escpresident@hotmail.com](mailto:escpresident@hotmail.com)

### **Fort Riley Combined Scholarship Committee**

- Scholarship applications may be picked up at the Army Community Services, the Thrift Shop, or the Education Center. They may also be picked up by going to the Ft Riley Web page, clicking on current news, scrolling down to briefings, and clicking on CFC Scholarship Application. Completed applications must be post marked by April 15. Scholarship applicants must be dependents of active duty soldiers who are assigned to Fort Riley (including spouses), dependents of retirees, or dependents of deceased soldiers of the greater Fort Riley Community. For more information or if you have any questions please call 784-3191.

### **Officers’ and Civilians’ Spouses’ club (OCSC)**

- **OCSC in March - Luck O’ the Irish Bowling** - OCSC and ESC invite you to join us for what is sure to be loads of fun! How can you resist a great lunch and an opportunity to wear really fashionable shoes? A prize will be awarded to the person with the most St. Patty’s day spirit, so dress in your best green outfit! Bowling buffet includes Pizza, Buffalo Wings, Chicken Strips, Cheese & Crackers, Fresh Veggies w/dip, Cookies and Soda!
  - When: Thursday, March 17 at 11:00am
  - Where: Custer Hill Lanes
  - Cost: \$11.00 per person, plus \$2.00 shoe rental.

- **OCSC in April - Volunteer Appreciation Luncheon**

Please come out and help us thank all of those wonderful volunteers who have helped OCSC this past year!

- When: Thursday, April 21 at 11:00am
- Where: Riley's Conference Center

Please RSVP to 784-4228 no later than noon on Wednesday, April 13.

- **Charity of the Month** – Ronald McDonald House of Topeka is March's Charity. Please contact Community Assistance Chairperson at 784-2820 for more information, or visit our website at [www.fortrileyocsc.com](http://www.fortrileyocsc.com)
- **The Shoppe** - The Shoppe is now open 6 days a week, Monday-Friday from 10:00am-2:00pm and Saturday from 11:00am-3:00pm. If you still haven't visited The Shoppe you are missing out on a Fort Riley "must see!" The Shoppe adds new vendors monthly and receives new inventory weekly. Check back for new and exciting changes every month! We are looking for volunteers to help cover work shifts during the week. This is a great way to meet people and help in the community. Childcare is reimbursed. Remember, once you work five times, you will receive a gift certificate for \$25.00 to spend at The Shoppe!
- **Walk on Wednesdays** - If you are looking for a way to get fit, meet new people and just have fun, then come walk with OCSC! Pack the kids in the stroller and meet us in the parking lot of Riley's Conference Center every Wednesday at 2:00pm, weather permitting. We will be walking the trail by Riley's.
- **OCSC 2005-2006 Board of Officers** - OCSC is still accepting nominations for their 2005-2006 Board of Officers. For a complete listing of all the elected positions and committee chair positions please visit our website at <http://www.fortrileyocsc.com/boardnominations.html> . You can download a nomination sheet and submit it via email, or print it out and give it to any current OCSC board member. Elections will be held on April 21, and the board installation ceremony will be on May 19. If you have any questions, please contact our Parliamentarian, at 461-5385.

## **Commissary**

- Just say NO to double bagging and YES to paper bags  
FORT LEE, Va. – Shopping in the commissary can save military families 30 percent or more. Now, customers can help commissaries in the United States hold the line on supply costs by asking customers to "just say no" to double bagging and say "paper please" when they get to the register. With more than 92 million customer transactions per year, grocery bags cost commissaries nearly \$20 million annually. The cost of plastic bags has risen more than 30 percent in the last two years due to the rise in oil prices, which directly affects the cost of manufacturing plastic bags.  
"Every extra dollar we spend on bags is a dollar we may not have for payroll or other commissary services," said acting director and chief executive officer. "Customers can help DeCA control costs by switching to paper bags and eliminating double bagging." Baggers, who are not employees of DeCA, will be given fact sheets, informing them of the costs of double bagging and plastic to encourage them to participate in the effort to hold the line on rising costs. Statistics show that commissaries currently use 80 percent plastic to 20 percent paper. DeCA officials want to see those percentages reversed.  
"Several years ago, the plastic was less expensive, so we encouraged going with plastic bags," said Nixon, "Now paper is the more economical choice."  
Customers who want plastic or double bags will be accommodated, but "we hope customers are interested in helping their commissary hold down costs," said Chief

operating officer for the Defense Commissary Agency. “We hope when they get to the register they’ll say ‘no’ to double bagging and ‘yes, paper please’ to their bagger.”

The awareness campaign to encourage customers to switch to paper bags is only taking place in U.S. commissaries because the cost of shipping the much bulkier paper bags to Europe and the Far East outweighs any savings obtained by switching to paper. The campaign to reduce double bagging is worldwide.

- Shop the commissary for savings you’ve earned, quality you deserve  
The Defense Commissary Agency operates a worldwide chain of nearly 275 commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of 30 percent or more on their purchases compared to commercial prices – savings worth more than \$2,700.00 annually for a family of four. A core military family support element and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America’s military and their families, and help recruit and retain the best and brightest men and women to serve their country.
- Mix up your choices within each food group.
  - Know the limits on fats, salt and sugars. Read the Nutrition Facts label on foods. Look for foods low in saturated fats and trans fats. Choose and prepare foods and beverages with little salt (sodium) and/or added sugars (caloric sweeteners).
  - Focus on fruits. Eat a variety of fruits – whether fresh, frozen, canned or dried – rather than fruit juice for most of your fruit choices. For a 2,000-calorie diet, you will need 2 cups of fruit each day (For example: 1 small banana, 1 large orange and 1/4 cup of dried apricots or peaches).
  - Vary your veggies. Eat more dark green veggies, such as broccoli, kale and other dark leafy greens; orange veggies, such as carrots, sweet potatoes, pumpkin and winter squash; and beans and peas, such as pinto beans, kidney beans, black beans, garbanzo beans, split peas and lentils.
  - Make half your grains whole. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice or pasta every day. One ounce is about 1 slice of bread, 1 cup of breakfast cereal or 1/2 cup of cooked rice or pasta. Look to see that grains such as wheat, rice, oats or corn are referred to as “whole” in the list of ingredients.
  - Go lean with protein. Choose lean meats and poultry. Bake it, broil it or grill it. And, vary your protein choices – with more fish, beans, peas, nuts and seeds.
  - Get your calcium-rich foods. Get 3 cups of low-fat or fat-free milk – or an equivalent amount of low-fat yogurt and/or low-fat cheese (1 1/2 ounces of cheese equals 1 cup of milk) – every day. For kids ages 2 to 8, it’s 2 cups of milk. If you don’t or can’t consume milk, choose lactose-free milk products and/or calcium-fortified foods and beverages.
- Agent Authorization is here for you. Having both parents deployed can be very troubling for the children left behind. Thanks to a little-known DoD directive, military children can continue to enter the friendly confines of any commissary. Agent authorization benefits any authorized commissary shopper who cannot shop because of disability, illness or infirmity, as well as the children of service members who may not be available due to deployment, remote assignment, or casualty. Agent authorization is not granted by the Defense Commissary Agency. It is administered and managed by the installation commander through the local pass and identification office. To find the nearest

commissary, look under the “locations” link at <http://www.commissaries.com>. All commissaries have a store Web page.

- Dollar Days are coming to commissaries in April  
As if bringing customers an average savings of 30 percent or more isn’t enough, Dollar Days are coming to commissaries in April. “Dollar stores are a growing trend in commercial retail stores, and we want to get in on all the fun as well as offering customers even greater bargains,” said Chief executive officer and acting director of the Defense Commissary Agency. Commissaries in the United States kick off the new “Dollar Days” sales event during the first two weeks of April with plans for a repeat performance the first two weeks of August. Items throughout the store will feature dollar pricing. Commissaries in Europe and the Far East will also participate in Dollar Days, but the timeframe may not coincide with U.S. stores.
- Help America support the troops - “America Supports You” is a program launched by the Defense Department to showcase the many ways America is supporting its military men and women. The program is designed to gather information about and recognize the multitude of support activities Americans are engaged in and, most importantly, ensure that the troops and their families know about them. Join commissary employees worldwide and get involved in supporting America’s troops. Check it out at <http://americasupportsyou.mil>.
- It’s your choice, make it healthy! Fat. It’s an epidemic among Americans and military families are no exception. The Defense Commissary Agency is partnering with TRICARE in an effort to create greater awareness of nutrition and healthier eating through participation in TRICARE’s “Healthy Choices for Life” campaign. “A focus on nutrition is one of the major trends in the grocery industry now and we want to lead the way in making commissaries the place to shop for fresh, healthy foods,” said Chief executive officer and acting director for DeCA. “In addition to great produce sections, we have organic and healthy food and wellness sections in many commissaries.” DeCA’s Web site, <http://www.commissaries.com>, has a special page linked to the TRICARE “Healthy Choices for Life” Web page. Throughout 2005 commissary customers will see a series of related posters, handouts, healthy food fairs, shelf signs with nutritional information, and increased “healthy food” sections and displays from manufacturers in stores. “We’re not trying to tell customers what they should or shouldn’t buy when they shop their commissary, but we are saying ‘It’s your choice, make it healthy’ and we’re doing what we can to increase awareness,” .

### **Army and Air Force Exchange Services**

**The next Community Action Council will be held at**  
**9:30am Wednesday, 20 April 2005.**  
**Riley’s Conference Center**  
**Fort Riley, Kansas**  
**“America’s Warfighting Center”**

**Announcements for the next “Riley Bugle Call” are due by noon, April 5, 2005, to Bldg. 7264, and 239-9435. Email to [site2665@riley.army.mil](mailto:site2665@riley.army.mil)**

The CAC is shown four times daily on Channel 2, for four days following the CAC. The times are 8:30am, 12:30pm, 6:30pm, and 10:30pm.

**SCHEDULE FOR 2004-2005**

<b>20 April</b>	<b>9:30am</b>
<b>18 May</b>	<b>9:30am</b>
<b>15 June</b>	<b>9:30am</b>
<b>20 July</b>	<b>9:30am</b>
<b>17 August</b>	<b>9:30am</b>
<b>21 September</b>	<b>9:30am</b>
<b>19 October</b>	<b>9:30am</b>
<b>7 December</b>	<b>9:30am</b>